

# SIMON KATICH BATTING SEMINAR

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## TECHNICAL KEYS TO BATTING:

1. Head still at point of delivery of the ball from the bowler. Watch the bowlers hand and focus on the ball at point of release. Justin Langer would say, “Watch it like a Hawk!”
2. Katich’s big initial movement of back and across helps to get the feet moving. It is a preparatory step much like a tennis players sets themselves when receiving a serve. After the initial step you must be balanced and still and a secondary movement with follow once ball is released from the bowler.
3. Important to be balanced. Key to have head in right position. Your body will follow your head i.e. Head leans over – body will fall across with it.
4. Keep hands in tight to the body especially early on in an innings. This helps to play straight and limits expansive shots when starting an innings.
5. Keep top elbow straight. If elbow breaks out from being straight the bat follows the angle of the elbow. This will cause the bat face to close slightly and not allow you to play the ball with the full face of the bat.
6. Front knee should be bent when playing the drive. This allows for better balance. A stiff front leg & knee will cause balance to fall over.
7. Play the ball as late as possible and let the ball come to you. You will get better timing of the ball when playing your shots.



Ricky Ponting – Head upright, hands close to body and elbow straight.

## OTHER TIPS & POINTS:

- Do the basics well to batting – watch the ball.
- Work hard on defence. You need to be able to survive and defend your wicket to spend enough time in the middle to accumulate runs.
- Treat practice like a game. Replicate game situations where possible in the nets. Practice all areas of your game and try and face all types of bowlers. This will help you to be as adaptable as possible to face different types of bowling in different condition and game situations.
- Understand your game well and keep it simple. What works for you? A good example is Steve Waugh. As he got to know his game well, limited his shots to the ones with most reward for him and least risk.
- Know your limitations as a batter. Know your strengths and weaknesses and stick to your game plan.
- Break it down ball by ball, over by over when batting. Don't focus too far ahead in your innings. Channel your focus to what is happening now. The next ball you face is the most important.
- Don't be content with 50 or 100 – always be hungry for more.
- Never flirt with your form. Don't take making runs for granted. Batting is a roller coaster ride with plenty of up's and down's. Must stick to what works for you.
- No excuses – take control of yourself. Don't let the things you can't control dominate you.